



BLW
WITH EASE

Baby Mixed
Feeding Meal Plan
(6 to 8 months)



Baby Mixed Feeding Meal Plan (6 to 8 Months – Week 1)

- Broccoli Florets + Potato Broccoli Puree
- Celery Sticks + Apple Celery Puree
- Chicken Drumstick + Chicken Puree
- Mango Spears + Banana Mango Puree
- Lamb Chop + Lamb Puree
- Pumpkin Wedges + Pumpkin Carrot Puree
- Bell Pepper Strips + Tomato Pumpkin Puree



Baby Mixed Feeding Meal Plan (6 to 8 Months – Week 2)

- Dragonfruit Fingers + Dragonfruit Puree
- Corn Cob + Corn Puree
- Omelette + Oatmeal Porridge
- Cod Fillet + Cod Potato Puree
- Beetroot Halves + Carrot Beetroot Puree
- Prawn + Sweet Potato Puree
- Strawberry + Strawberry Jam



Baby Mixed Feeding Meal Plan (6 to 8 Months – Week 3)

- Avocado Banana Pancakes + Apple Puree
- Chesy Zucchini Muffins + Cauliflower Puree
- Chicken Broccoli Fritters + Sour Cream
- Papaya Fingers + Papaya Puree
- Chicken Drumstick + Coconut Curry
- Orange Slices + Orange Banana Puree
- Radish + Radish Chia Seed Puree



Baby Mixed Feeding Meal Plan (6 to 8 Months – Week 4)

- Pasta + Tomato Sauce
- Grapefruit + Banana Blueberry Grapefruit Puree
- Broccoli Egg Muffins + Avo Egg Yolk Puree
- Zucchini Chickpea Waffles + Butternut Squash Puree
- Fish Tofu Nuggets + Greek Yoghurt
- Cheesy Potato Muffin + Spinach Puree
- Tempeh + Beef Puree